



Outdoor Parks and Reservations Safety Tips for the Winter Season

With the winter season upon us, the Cambridge Police Department would like to share some basic personal safety tips recommended for people when enjoying the outdoors in public parks and reservations:

- **Before you leave home, let someone know where you are going and when you plan to return. Make a plan to call them when you are back in your car. Instruct them to call you and then the police if you are not back in the time you expect to be.**
- **For those venturing out to walk/run/snowshoe/cross country ski/dog walk/nature watch, etc. consider going with a friend or beginning your activity on the hour so there will be a higher likelihood of another visitor knowing you are there if you need assistance due to a fall or health-related issues.**
- **Observe park and reservation hours of operation. The presence of city staff working outdoors improves visitor safety.**
- **Be familiar with entrances and exits, places you could receive assistance, and locations of emergency call boxes.**
- **Carry and pocket a cell phone. Remember, 9-1-1 calls from cell phones go directly to State Police who will forward your call to the Cambridge Emergency Communications Department to dispatch help. Know the name and street address of the place you are visiting so that you can provide it to the 9-1-1 Dispatcher to aid them in assisting you.**
- **Be alert while enjoying the outdoors by not using headphones and cell phones so that you can be constantly aware of your surroundings.**
- **Wear a hat instead of a hood to improve your vision and hearing and scan the area around you often.**
- **If venturing outdoors by yourself, stay in the heavily traveled and visible areas. Save those out of the way places for times when you are with another person or in a group.**
- **To avoid injury due to falls caused by slippery conditions, wear boots or other gripping equipment available at sports stores.**
- **Unless your dog is specifically trained to protect you, don't expect your dog to keep you safe.**
- **If you don't feel safe due to the behavior of another person, trust your instincts. Reverse your direction or ask another visitor if you could walk with them. When you are out of danger, report the person and behavior to the police or park staff.**
- **Carry a pocket whistle and use it to draw attention to yourself or get help if it is needed.**
- **Leave valuables at home and not in your vehicle. Be sure to lock your car and place your key in a pocket that closes securely or zips.**